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School for Health and Care Radicals

## Module 3 Rolling with resistance

### Introduction

'Learning is in the relationships between people.' McDemott 1999

Welcome to Module 3 from The School for Health and Care Radicals.

In Module 1, we considered what it means to be a health and care radical; we looked at the differences between radical and non-radicals and thought about some of the risks inherent in being a radical. We talked about the importance of being and being the change you want to see in the world and identified some useful ways of building your own self-efficacy in order to help you be an effective change agent. Finally, we put our work and learning into practice by making a change day pledge. We hope that you have continued to reflect on the content of Module 1 and on the various conversations that have happened via Twitter at @SCHOOL4 and our School for Health and Care Radicals Facebook group.

In Module 2, we shifted the focus from ourselves as individual agents of change to the importance of community and the power of working together. We looked at lessons from great social movement leaders and community organisers and discussed techniques for connecting with our own and others' values and emotions to create a call for action through the practice of effective framing and storytelling.

In Module 3 we will turn to a phenomenon that will be familiar to everyone who has tried to make changes: resistance. It is common to perceive resistance as a negative force, something to be battled with in order to win ground; here we will explore different ways of approaching resistance and offer some tools that will help you to harness the energy of resistance.

### This study guide

This study guide is intended to enhance and complement the web seminar and help deepen your thinking and reflection. It is not compulsory, but it may give you some ideas of things to think about, questions to ask and you may take some inspiration from some of the examples and questions. If you would find it helpful, please feel free to use this guide as a place to keep track of your own thoughts and ideas so you will have a record of your work on the module and the overall programme.

Every week, we will make a study guide available the day before the live web seminar. You can download the study guide from the website and use it to record your reflections during and after the seminar. You can also use the study in the discussion area with your coach, mentor or learning group after the web seminar.

Throughout this study guide there are shaded sections for you to reflect on your own experiences or respond to key questions related to the content of the module. We hope that you will be free to use these questions as prompts to your own thinking, and the space provided to record your ideas.

Module 3 Study Guide

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